

CONNECTICUT STATE DEPARTMENT OF EDUCATION
Bureau of Adult Education and Nutrition Programs
25 Industrial Park Road
Middletown, CT 06457-1543

M E M O R A N D U M

TO: Child and Adult Care Food Program (CACFP) Sponsors

FROM: Maureen B. Staggenborg, Bureau Chief
Bureau of Adult Education and Nutrition Programs

DATE: November 20, 2003

SUBJECT: Operational Memorandum #04C-04 and #04H-04 Menu Planning Information
1. Revised CACFP Meal Pattern for Children
2. Use of Pasteurized Juice in the Child Nutrition Programs
3. Changes to the *Food Buying Guide for Child Nutrition Programs*

1. Revised CACFP Meal Pattern

A revised CACFP meal pattern **for children** (dated August 2003) is enclosed. Please discard all previous editions. The meal pattern has been revised to reflect a change in the wording for the first footnote:

The meal pattern chart shows the minimum amounts of each component that must be made available to each child by the center or day care home in order to claim reimbursement for the meal. Children may be served larger portions but not less than the minimum quantities specified.

2. Use of Pasteurized Juice in the Child Nutrition Programs

While there is no current regulation requirement, USDA's Food and Nutrition Service strongly recommends that only pasteurized juice be used as part of a reimbursable meal/snack in the Child Nutrition Programs (CNP). The American Academy of Pediatrics supports the recommendation to use only pasteurized juice. Pasteurized juice is generally identified as such on the product label.

Health Risk of Unpasteurized or Untreated Juice

The concern about unpasteurized or untreated juice, such as apple juice or cider and orange juice, is based on outbreaks of foodborne illnesses caused by pathogenic microorganisms present in these unpasteurized or untreated products. Children, pregnant women, the elderly, and persons with weakened immune systems are at particular risk for serious illnesses, and even death, caused by these harmful microorganisms. The unpasteurized or untreated juice is often referred to as "natural juice."

FDA Regulations for Juice Products

While most juice is pasteurized, the Food and Drug Administration (FDA) does not require manufacturers to pasteurize their products or use other non-thermal methods, such as ultraviolet (UV) light, to control foodborne pathogens.

When outbreaks of foodborne illnesses caused by unpasteurized or untreated juice occurred, the FDA responded by requiring juice products to have warning labels to identify unpasteurized or untreated juice. However, the FDA recently enacted a new rule that requires juice products to be processed using the application of Hazard Analysis and Critical Control Point (HACCP) principles to reduce foodborne pathogens. **This rule eliminates the requirement for the warning label on unpasteurized juice processed with the HACCP principles.**

The U.S. Department of Agriculture (USDA) believes a CNP sponsor or school district would have difficulty in determining a juice processor's compliance with the HACCP principles; therefore, USDA's recommendation to use pasteurized juice would ensure that a safe product is selected. This policy is consistent with the current *Food Buying Guide for Child Nutrition Programs, revised November 2001, page 2-43*, that recommends using only pasteurized juice.

3. Changes to the *Food Buying Guide for Child Nutrition Programs*

This information affects only those sponsors with a current copy of the Food Buying Guide.

USDA's *Food Buying Guide for Child Nutrition Programs* (FBG) contains yield information for common types and customary sizes of meat/meat alternates, vegetables and fruits, and grains/breads. It includes commercially available foods and USDA-donated commodities. The Food Buying Guide can be used to determine (1) how much food to purchase to meet minimum portion sizes and (2) a recipe's contribution to the CACFP meal pattern.

The most recent edition of the FBG (revised November 2001) has been found to contain several errors. Attached is a list of pen and ink changes that should be made to the FBG to correct these unintentional mistakes. Please note that the changes are highlighted for easy identification.

Two particular concerns have been raised repeatedly that deserve additional explanation. Both are in the "Grains/Bread" section and involve the same issue. Cooked rice and pasta yields vary depending on how they are cooked. The pasta entries each have a specific time that they were boiled. This was done to better define what level of doneness the yields represented. The rice yields were not given a cook time, but USDA did use the lower range of the yields they found for each type of rice so that the user will always have enough prepared.

Many things can change the yield of pasta and rice. If a food service operation consistently gets a different yield with pasta or rice (or any other product in the FBG), we suggest that a local yield be determined for that product and cooking method. There is a general outline of how this should be done in the "Introduction" of the FBG on pages I-3 and I-4.

While supplies are available, sponsors may obtain a copy of the FBG by contacting the Bureau of Adult Education and Nutrition Programs at (860) 807-2071. The FBG may also be downloaded from USDA's website at <http://schoolmeals.nal.usda.gov/FBG/buyingguide.html>.

MBS: crt
Om#04C-04 and #04H-04 (11-20-03) k
Enclosure- *Child Centers & Homes Only*

Pen and Ink Changes to be made to the November 2001 Food Buying Guide for Child Nutrition Programs

Introduction

- 1) Page I-15 – Change Footnote number two. Add footnote number nine. Footnote number nine should be contiguous with the word “juice” under the Vegetable/Fruit portion of the chart.

VEGETABLE or FRUIT ²			
Juice ^{2,9} , fruit, and/or vegetable	1/2 cup	1/2 cup	3/4 cup
² Full strength vegetable and/or fruit juice or an equivalent quantity of any combination of vegetable(s), fruit(s), and juice.			
⁹ Juice may not be served when milk is the only other component.			

- 2) Page I-23 – Add footnote number nine. Footnote number nine should be contiguous with the word “juice” under the Vegetable/Fruit portion of the chart.

VEGETABLE or FRUIT ²			
Juice ^{2,9} , fruit, and/or vegetable	1/2 cup	1/2 cup	3/4 cup
⁹ Juice may not be served when milk is the only other component.			

Section 1. Meat/Meat Alternates

- 3) Page 1-13 - Add an entry for beef brisket, fresh, with out bone, ¼” trim.

Beef Brisket, fresh or frozen	Pound	7.36	1 oz cooked lean meat	13.6	1 lb AP = 0.46 lb cooked, lean meat
<i>Without bone</i>	Pound	4.90	1-1/2 oz cooked lean meat	20.5	
<i>¼- inch Trim</i>					

- 4) Page 1-15 - Add an entry for beef flank steak ¼ inch trim.

Beef Flank Steak, fresh or frozen	Pound	10.7	1 oz cooked lean meat	9.4	1 lb AP = 0.67 lb cooked lean meat
<i>¼- inch Trim</i>	Pound	7.14	1-1/2 oz cooked lean meat	14.1	

- 5) Page 1-21 – Beef Stew Meat – Add description “composite of trimmed retail cuts” and “without bone”.

Beef Stew Meat, fresh or frozen <i>Composite of trimmed retail cuts</i> <i>Without bone</i> <i>Practically-free-of-fat</i>	Pound	9.76	1 oz cooked lean meat	10.3	1 lb AP = 0.61 lb cooked lean meat
	Pound	6.50	1-1/2 oz cooked lean meat	15.4	

- 6) Page 1-24 - Cheese spread – In column 3 change 5.30 servings per pound to 5.33 servings per lb.

Cheese spread ¹⁴ <i>Cheese spread</i> <i>Process</i>	Pound	8.00	2 oz serving (1 oz meat alternate)	12.5	
	Pound	5.33	3 oz serving (1-1/2 oz meat alternate)	18.8	

- 7) Page 1-36 and 1-37 – Frankfurters, Bologna – replace footnote number 24 with the following footnote.

24 Includes meat and poultry products. Yields are based on products that do not contain meat or poultry byproducts, cereals, binders or extenders, except to include those products containing Alternate Protein Products (APP) within the limits specified in 9 CFR 319.180(e) and meeting the requirements of Appendix A of 7 CFR 210, 220, 225 and 226. No other binders and extenders may be used in conjunction with the APP to receive the ounce per ounce crediting.

- 8) Page 1-44 – Pork Loin Roast, fresh or frozen, without bone ¼ inch trim (like IMPS #413) –Change yield data.

Pork Loin Roast, fresh or frozen <i>Without bone</i> <i>1/4-inch trim</i> <i>(Like IMPS# 413)</i>	Pound	9.28	1 oz cooked lean meat	10.8	1 lb AP = 0.58 lb cooked, trimmed, sliced lean meat
	Pound	6.18	1-1/2 oz cooked lean meat	16.2	

- 9) Page 1-48 – Pork, Mild Cured, Ready to Cook, chilled or frozen³²- Add an entry for Pork, Mild Cured, Ready to Cook, Chilled or Frozen, Ham, without bone.

Pork, Mild Cured, Ready-to-cook, chilled or frozen Ham <i>Without bone</i>	Pound	10.0	1 oz cooked lean meat	10.0	1 lb AP = 0.63 lb cooked lean meat
	Pound	6.72	1-1/2 oz cooked lean meat	14.9	

- 10) Page 1-63 - Turkey Ham, fully cooked, chilled or frozen – Remove “includes USDA commodity”

<u>Turkey Ham, Fully cooked, chilled or frozen</u> ⁴¹	Pound	11.2	1.4 oz serving (1 oz cooked turkey)	9.0	1 lb AP = 0.70 lb cooked turkey
	Pound	7.46	2.1 oz serving (1-1/2 oz cooked turkey)	13.5	

- 11) Page 1-63 – Add an entry for the USDA commodity turkey ham 15% added ingredients.

<u>Turkey Ham, Fully cooked, chilled or frozen 15% added ingredients</u> <i>Includes USDA Commodity</i>	Pound	9.41	1.7 oz serving (1 oz cooked turkey)	10.6	1 lb AP = 0.59 lb cooked turkey
	Pound	6.27	2.6 oz serving (1-1/2 oz cooked turkey)	15.9	

Page 1-66- “Yogurt, fresh plain or flavored, sweetened or unsweetened, commercially prepared” Change ½ oz to 1 oz meat alternate in the serving size per meal contribution column for the four ounce serving size. Yogurt, fresh ⁴⁴ <i>Plain or Flavored Sweetened or Unsweetened – Commercially-prepared</i>	32 fl oz container	8.00	1/2 cup or 4 oz yogurt (1 oz meat alternate)	12.5	
	32 fl oz container	5.33	3/4 cup or 6 oz yogurt (1-1/2 oz meat alternate)	18.8	
	32 fl oz container	4.00	1 cup or 8 oz yogurt (2 oz meat alternate)	25.0	
	4 fl oz cup	1.00	One 4oz container yogurt (1oz meat alternate)	100.0	
	6 fl oz cup	1.00	One 6oz container yogurt (1-1/2 oz meat alternate)	100.0	
	8 fl oz	1.00	One 8oz container yogurt (2 oz meat alternate)	100.0	

Section 2. Vegetables/Fruits

12) Page 2-1 – The first sentence of the second bullet should read as follows.

You may not count any single fruit or vegetable toward the recommended serving size unless it provides at least 1/8 cup.

13) Page 2-16 - Add “drained” to column 6 for Beans, green, frozen, whole, includes USDA commodity

Beans, Green, frozen <i>Whole</i> <i>Includes USDA</i> <i>Commodity</i>	Pound	10.7	1/4 cup cooked, drained vegetable	9.4	1 lb AP = 0.88 lb (about 2-5/8 cups) cooked, drained vegetable
---	-------	------	--------------------------------------	-----	--

14) Page 2-19 – Add Bean Products, dry beans canned, Beans with Bacon in Sauce

Bean Products, dry beans, canned Beans with Bacon in Sauce	Pound	4.70	3/8 cup serving (about 1/4 cup heated beans)	21.3	
	Pound	3.13	1/2-cup plus 1 Tbsp serving (about 3/8-cup heated beans)	32.0	

15) Page 2-20 – Beans, Soy, fresh (Edamame) shelled – remove the information from column six and add it to column six for Beans, Soy, fresh (Edamame) whole, in shell.

Beans, Soy, fresh (Edamame) Shelled	Pound	10.7	1/4 cup cooked, drained vegetable	9.4	
Beans, Soy, fresh (Edamame) <i>Whole In shell</i>	Pound	6.90	1/4 cup cooked, drained, shelled vegetable	14.5	1 lb in pod = 0.65 lb (about 1-3/4 cups) blanched, shelled beans

16) Page 2-38 – Cucumbers, fresh, whole, unpared – In column six the 84% yield for unpared sliced cucumber should be for pared sliced cucumber. Remove the “un”.

Cucumbers, fresh <i>Whole Unpared</i>	Pound	11.1	1/4 cup unpared, diced vegetable	9.1	1 lb AP = .98 lb (about 2-3/4 cups) ready-to- serve raw, unpared, diced cucumber
	Pound	12.4	1/4 cup unpared, sliced vegetable	8.1	1 lb AP = 0.84 lb ready- to-serve raw, pared, sliced cucumber

- 17) Page 2-40 - Grapefruit, fresh, 27-32 count, whole – add to column 6 “1 lb AP = 0.48 lb (7/8 cup) grapefruit juice”.

Grapefruit, fresh 27-32 Count (large) Whole	Pound	6.48	1/4 cup fruit sections peeled (about 2 sections)	15.5	1 lb AP = 0.74 lb (about 1-5/8 cups) peeled, ready-to-serve raw grapefruit sections
	Pound	4.53	1/4 cup fruit sections, peeled, without membrane (about 2 sections)	22.1	1 lb AP = 0.58 lb (about 1-1/8 cups) ready to serve raw, peeled grapefruit sections without membrane
	Pound	2.00	1/2 fruit (about 1/2 cup fruit and juice)	50.0	1 lb AP = 0.48 lb (7/8 cup) grapefruit juice

- 18) Page 2-43 - Juices, frozen concentrated, any fruit, includes USDA commodity – In column 2 change the (about 32 oz)” to “(about 38 oz).

Juices, frozen ⁶ Concentrated, any fruit (such as apple, grape, grapefruit, grapefruit- orange, and orange. (1 part juice to 3 parts water) Includes USDA Commodity	32 fl oz can (about 38 oz)	64.0	1 tablespoon concentrate (1/4 cup fruit juice)	1.6	32 fl oz can reconstituted = 16 cups (128 fl oz). Reconstitute 1 part juice with not more than 3 parts water
	6 fl oz can (about 7 oz)	12.0	1 tablespoon concentrate (1/4 cup fruit juice)	8.4	6 fl oz can reconstituted = 3 cups (24 fl oz)

- 19) Page 2-45 – Lentils, dry should be added to the Vegetables/Fruits section.

Lentils, dry	Pound	29.6	1/4 cup cooked lentils	3.4	1 lb dry = about 2-3/8 cups dry
	Pound	19.7	3/8 cup cooked lentils	5.1	

- 21) Page 2-53 – Peaches, fresh, whole – Add size 88 to the size 84, change yields as follows.

Peaches, fresh Size 88 and 84 (small) (2-1/8 inch diameter) Whole	Pound	5.50	1 whole, raw small peach (about 3/8 cup fruit)	18.2	
	Pound	8.25	1/4 cup fruit (about 2/3 peach)	12.2	
Peaches, fresh Size 64 & 60 (medium) (2-1/2 inch diameter) Whole	Pound	3.50	1 whole raw peach (about 2/3 cup fruit)	28.6	1 lb AP = 0.76 lb ready-to-cook or serve unpeeled, pitted raw peach
	Pound	7.00	1/4 cup fruit (about 1/2 peach)	14.7	

20) Page 2-63 - Pineapple, canned, chunks, packed in juice or light syrup, includes USDA commodity – add the data for 1 lb.

Pineapple, canned <i>Chunks</i> <i>Packed in juice or light syrup</i>	No. 10 can (106 oz)	49.9	1/4 cup fruit and syrup	2.1	1 No. 10 can = about 12-3/8 cups pineapple and juice
<i>Includes USDA Commodity</i>	No. 10 can (106 oz)	31.8	1/4 cup drained fruit	3.2	1 No. 10 can = about 64.6 oz (8 cups) drained pineapple
	No. 2 can (20 oz)	9.40	1/4 cup fruit and syrup	10.7	1 No. 2 can = about 12.4 oz (1-7/8 cups) drained pineapple
	Pound	7.53	¼ cup fruit and juice	13.3	

21) Page 2-63 - Pineapple, canned, slices, packed in juice or light syrup, includes USDA commodity – Change the number of slices in column 6 from 66 to 60 for the No 10 can.

Pineapple, canned <i>Slices</i> <i>Packed in juice or light syrup</i> <i>Includes USDA Commodity</i>	No. 10 can (107 oz)	47.5	1/4 cup fruit and juice	2.2	1 No. 10 can = about 62 oz (9-1/3 cups or 60 slices) drained pineapple
	No. 10 can (107 oz)	37.7	1/4 cup drained fruit (about 1-3/4 slices)	2.7	

22) Page 2-69 – Potatoes, French fries, curly – Change to read as follows.

Potatoes, French Fries, frozen <i>Curly (1/3-inch width)</i>	Pound	16.2	1/4 cup cooked vegetable	6.2	1 lb AP = 0.66 lb baked French fries (about 4 cups)
	4-1/2 lb pkg	72.9	1/4 cup cooked vegetable	1.4	

23) Page 2-69 – Potatoes, French fries, shoestring, straight cut, low moisture – Change to read as follows

Potatoes, French Fries, frozen <i>Shoestring</i> <i>Straight cut</i> <i>Low moisture</i>	Pound	14.2	1/4 cup cooked vegetable	7.1	1 lb AP = 0.59 lb (about 3-1/2 cups) baked French fries
	4-1/2 lb pkg	63.9	1/4 cup cooked vegetable	1.6	

25) Page 2-70 – Potato Products, dehydrated, Hashed browns – Add dry weight information to column six.

Potato Products, dehydrated <i>Hashed Browned</i>	Pound	24.1	1/4 cup reconstituted, cooked vegetable	4.2	1 lb dry = 6 cups reconstituted, cooked potato 1 lb dry = about 4- ³ / ₄ cups dry hash browns
---	-------	------	---	-----	--

24) Page 2-77 - Strawberries, frozen, sliced, sweetened, includes USDA commodity – Add “cup” after 1/4 in column four.

Strawberries, frozen <i>Sliced Sweetened Includes USDA Commodity</i>	Pound	7.10	1/4 cup thawed fruit and juice	14.1	
--	-------	------	--------------------------------	------	--

Section 3 Grains/Breads

25) Page 3-29 - Rice, White, long grain, instant, dry – for the 3/4 cup of rice entry change column 3 and column 5 to 9.33 and 10.8 respectively.

Rice (Group H) <i>White Long grain Instant Dry</i>	Pound	28.0	1/4 cup cooked	3.6	1 lb dry = about 4-1/2 cups dry
	Pound	14.0	1/2 cup prepared with boiling water	7.2	1 lb dry = about 7 cups cooked
	Pound	9.33	3/4 cup prepared with boiling water	10.8	1 cup dry = about 1-1/2 cups cooked

26) Page 3-29 – Rice, White, Long Grain, Parboiled(converted), Dry – Change yields as below.

Rice (Group H) <i>White Long grain Parboiled (Converted) Dry</i>	Pound	28	1/4 cup cooked	3.6	1 lb dry = about 2-1/2 cups dry
	Pound	14	1/2 cup cooked	7.2	1 lb dry = about 7 cups cooked
	Pound	9.33	3/4 cup cooked	10.8	1 cup dry = about 2-3/4 cups cooked

Section 4 Milk

27) Page 4-2 - Milk, fluid – In the entry for ½ cup (4 fl oz) column 5 should read “100.0”.

<u>Milk, fluid</u> <i>Skim or Nonfat milk,</i> <i>Lowfat milk,</i> <i>Reduced fat milk,</i> <i>Whole milk,</i> <i>Lactose-reduced milk,</i> <i>Lactose-free milk,</i> <i>Buttermilk,</i> <i>Acidified milk</i> <i>(unflavored or</i> <i>flavored)</i>	1/2 cup (4 fl oz)	1.0	1/2 cup milk	100.0	
---	----------------------	-----	--------------	-------	--